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The most popular styLe of Wushu

The most popular style of Wushu is **Changquan (Long Fist)**. It is widely regarded as the most popular and difficult Wushu event, requiring great speed, power, accuracy, and flexibility. Many professional athletes in China begin training in Changquan at a young age due to its prominence and technical demands[1] [2].

Changquan emphasizes long-range strikes, big leaps, spins, high kicks, and powerful punches, making it visually impressive and a core part of modern competitive Wushu routines[2]. It is often contrasted with other popular styles like Nanquan (Southern Fist), which focuses on strong stances and powerful hand techniques, and Taijiquan (Tai Chi), known for its slow, internal energy cultivation movements[1] [2].

Would you like to know more about how to train in Changquan or details on other popular Wushu styles?

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Changquan (Long Fist): How to Do It, Exercises, Drills, and Curriculum

Changquan (Long Fist) is known for its large, extended, and circular movements that develop flexibility, strength, speed, and coordination. It features dynamic stances, powerful punches, high kicks, and acrobatic jumps[3] [4].

How to Do Changquan

- **Stances:** Master basic stances such as mabu (horse stance), gongbu (bow stance), pubu (drop stance), and xubu (empty stance). These form the foundation for all movements[5].
- **Punches:** Begin punches from the hip, fist palm facing up, elbow close to ribs. At the end of the punch, twist the fist. Always pull the opposite arm back as you punch, simulating grabbing or counterbalancing[6].
- **Kicks and Jumps:** Practice front kicks, side kicks, and jumping techniques, focusing on height, speed, and control[3] [5].
- **Transitions:** Move smoothly between stances and techniques, emphasizing both power and fluidity[4] [7].

Exercises and Drills

- **Stance Training:** Hold mabu (horse stance) for 1–3 minutes, then practice transitions to gongbu and pubu. Repeat for endurance and stability[5].
- **Punching Drills:** In mabu, perform 100 straight punches, focusing on twisting the fist and pulling the opposite arm back. Repeat in gongbu for both sides[6].

- **Combination Drills:** Practice sequences such as block, punch, kick, and stance changes. Example: block with willow leaf palm, punch, then kick, transitioning through stances[8] [7].
- **Flexibility Drills:** Regular stretching for legs and hips to improve high kicks and jumps[3].
- **Power and Speed:** Repeat basic moves (hammer fist, vertical punch, knee lift) with maximum speed and power, focusing on strong intent and relaxation in the arms[7].

Sample Curriculum Structure

1. **Basics**
   - Stances: mabu, gongbu, pubu, xubu
   - Hand techniques: straight punch, hammer fist, willow leaf palm
   - Basic kicks: front, side, roundhouse
2. **Combinations**
   - Linking basic techniques: punch-kick, block-punch, kick-jump
   - Short forms or routines (taolu) for beginners
3. **Intermediate**
   - Advanced kicks and jumps
   - Longer forms with more complex transitions
   - Application drills (partner work for blocks, grabs, and counters)[8]
4. **Advanced**
   - Full competition routines
   - Acrobatic jumps and spins
   - Sparring and practical applications

Instructional Tips

- Focus on strong stances and clear, extended techniques.
- Combine relaxation and explosive power for each movement.
- Practice routines slowly for precision, then increase speed and intensity.
- Always coordinate breathing with strikes and movements[7].

Would you like a step-by-step beginner routine or more details on advanced Changquan forms?

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1. http://www.wushu-olympics.com/wushu.html
2. https://martialartsmatrix.com/wushu-styles/
3. https://www.scribd.com/document/421401551/Changquan
4. https://en.wikipedia.org/wiki/Changquan
5. https://www.youtube.com/watch?v=1a-NgtxS8xQ
6. https://www.youtube.com/watch?v=ax73Fc9Ag_Q

7. https://www.youtube.com/watch?v=OpXnRtH9-Qg
8. https://iri.columbia.edu/~tippett/rkfLongFist.pdf